### karatebg2Dragon Storm Karate Club

### Brown 3rd KYU

**Brown Belt has 3 levels that Ascend from 3rd to 2nd to 1st**

**Requirements for Brown Belt 3rd KYU**

Basic Club Techniques

Basic Bo Techniques

**Techniques:**

1. Left Hand Lapel Grab

2. Left Hand Lapel Grab followed by Right Roundhouse punch

3. Two Hand Lapel Grab

4. Two Hand Lapel Grab pulling attacker into you

5. Right Shoulder Grab

6. Right Shoulder Grab followed by punch **A**

7.Right Shoulder Grab followed by punch **B**

8. Cross Hand Lapel Choke

9. Attackers Left hand Grabs Right Wrist **A**

10. Attackers Left hand Grabs Right Wrist **B**

11. Front Over Arm Bear Hug

12. Front Under Arm Bear Hug

13. Tackles from Front



14. Attempted Tackle from Front

 15. Left Palm Push to face (Right Leading)

 16. Right reverse Followed by a Left Forward punch **A**

 17. Right reverse Followed by a Left Forward punch **B**

**Forms**

Long Two

 Foot Form One